



The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat (Revised edition)

By Loren Cordain

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat (Revised edition), Loren Cordain, Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date! Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, The Paleo Diet will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses.* Breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestors* This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research* Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as...



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